



MAKING A LIFE GIVING DIFFERENCE



Our residents celebrating birthdays in October

1st	Everdina Morelli	N004	85	English
1st	Giuseppe Morelli	N004	88	English
1st	Cora Welz	MV203	84	English
2nd	Marcella Steinbauer	MV207	82	English
3rd	Lorraine Borthwick	R33	84	English
3rd	Grace Edwards	N104	82	English
5th*	Williamina Banfield	F124	90	English
5th	Margaret Basson	R46A	89	English
8th	Maurine Gleeson	R022A	91	English
8th	Hilda Wier	R72	89	English
9th	Merle Swart	R50	71	English
12th	Margaret Guy	MV206	81	English
12th	Ernest Haupt	F015	84	English
12th	Anna Pelser	R61	83	Afrikaans
15th	Christina Esterhuyse	F017	85	Afrikaans
16th	Charlotte Offerson	F123	79	English
18th	Patricia Van Wyk	MV108	92	Afrikaans
19th	Jennifer Cooper	A5	82	English
21st	Annie Janse Van Vuuren	F111	81	Afrikaans
22nd	Gloria Snyman	R28	86	English
23rd	Ignacia Holland	R019B	85	English
24th	Marjorie Bedford	N111	97	English
25th	Beryl Garwood	F105	85	English
28th	Gillian Human	N110	76	English
29th	John Pieterse	MV204	80	English
30th	Grant McKnight	MV106	56	English





The following staff will be celebrating their birthdays during October. Congratulations and enjoy your special day.

1st	Lucille Stoltenkamp	Riskman
11th	Natasha Fisher	Health Care
11th	Evano Rademeyer	Facility Carer
12th	Marlin Knoetze	CSC
13th	Abigail Maart	Health Care
16th	Miche Philander	Health Care Admin
16th	Monique Muller	Health Care
19th	Nina Pearce	Riskman
20th	Johnick Sekoe	Health Care
30th	Bridget May	Health Care
31st	Monique Jacobs	Catering
31st	Petula Kellerman	CSC



For by me your days will be multiplied and years will be added to your life. Proverbs 9 vs 11

Happy Birthday to our members

3rd	Mrs. K Spendell
12th	Mrs. L Daniels
15th	Mrs. S Maseko
15th	Mrs. M Williams
17th	Mrs. D Jansen
25th	Mrs. F Adonis



Spiritual Care Program for October 2020

Fridays @ 09:30	Sundays @ 09:30	Sundays @ 18:00
2 nd One Hour for Jesus	4 th Morning Service	4 th Evening Service
9 th One Hour for Jesus	11 th Morning Service	11 th Evening Service
16 th One Hour for Jesus	18 th Morning Service	18 th Evening Service
23 rd One Hour for Jesus	25 th Morning Service	25 th Evening Service
30 th One Hour for Jesus		

FALLEN OAK TREE IN THE PARK

Early one morning, on a walk through our local park, I was shocked to find a regal old oak tree snapped in half by the fierce winds the night before. The imposing tree had weathered a hundred winters, but this would be its last. Its trunk, weakened by brown fungus rot was unable to flex and simply cracked in two.



Seeing that fallen tree lying broken on the ground reminded me of my friend Ken. In the early 1950s, Ken was a young child and lived with family in a small cottage in Constantia. He remembers coming home from school one day to find his parents and siblings standing outside watching as their meagre belongings were loaded onto a government truck. The 'Group Areas Act' had been passed into law by the newly elected National Party. 'Coloured' people were no longer permitted to live in Constantia as it had been declared a 'whites' only area. The family was devastated. Together with thousands of other displaced people they were moved to different places on the Cape 'Flats'. Their already challenging circumstances made so much worse by what they now had to endure as they tried to put their lives back together again.

Today Ken loves Jesus Christ and is a warm, friendly and gracious person. He goes out of his way to do whatever he can to help others, no matter who they are. There's no hint of bitterness or hatred about him. He treats all people respectfully. I'd known Ken for awhile before finding out about his past. When I did, I was astonished to find he felt no hostility or need for revenge towards those who had been the cause of so much suffering for him and his family. It is clear Ken has chosen to forgive his enemies.

His story brought to mind this verse in **Ecclesiastes 11:3;**

***Whether a tree falls to the south or to the north,
in the place where it falls, there it will lie.***

This verse helps us understand the importance of forgiveness. It's not easy, the hurts are real and there's often nothing we can do to change our past. These hurts are like a trees falling in the forest. Where they fall, that's where they lie. We all have fallen trees in our lives, painful and damaging experiences that keep coming back to haunt us. But it's no good standing next to those fallen trees and bemoaning what's happened. We're not meant to live there, the Lord wants us to climb over these fallen trees and get on with our lives. And He made a way for us to do this...it is called forgiveness.

Without forgiveness we end up walking around with a constant sense of injustice in our hearts. This turns us into bitter and angry people. Wrong ideas about forgiveness can make it difficult for us to consider forgiving those who've hurt us. Forgiving someone doesn't mean we think they're right or what they've done isn't serious. Rather, when forgiving them, we make a choice not to live with the destructive burden of resentment or bitterness. Also, forgiving someone doesn't mean the relationship has to be re-established on the same terms as before. There is a big difference between forgiveness and reconciliation. For reconciliation to happen, trust needs to be restored. This in turn requires genuine repentance on the part of those who caused the offence.

When it comes to us forgiving others, the Lord wants us to learn from the way He has forgiven us through His Son Jesus. He wants us to begin to see those who hurt us the way He sees them...as weak, imperfect and struggling people who are nevertheless precious to Him. Realising this makes it a little easier for us to start forgiving them. He also wants us to surrender our right to get 'even' with those who have hurt us. God has every right to punish us for the way our sin has hurt Him. But He didn't, and chose instead to bear the pain Himself and then to forgive us. He did this by carrying the load of our sin in His own body and bearing the penalty we should have borne. If we're going to enjoy the freedom that comes through forgiveness, we need to be willing to give up our right to get even and bear the pain ourselves.

***Make a clean break with all cutting, backbiting and profane talk.
Be gentle with one another. Forgive one another as quickly
and thoroughly as God in Christ has forgiven you.
Ephesians 4:31-32***

Forgiveness not only sets us free from the 'prison' of resentment and bitterness, it also begins a wonderful transforming work in our hearts. When Ken made the decision to forgive those who had so deeply hurt him and his family, something remarkable began to happen in his own heart. Through the work of God's grace, Ken found his feelings towards his former 'enemies' changing. Even though they never asked for it or deserved it, he began to genuinely care about them, reaching out in friendship.

I'm fortunate enough to enjoy his friendship and greatly appreciate it.

(Submitted: Ps D Henderson)



It Is Well With My Soul

Since the start of the National Lockdown we have been meeting for our weekly One Hour for Jesus service in the decentralized lounges, and listening to various local and international preachers share the Word via YouTube, Face Book, etc. On Friday the 18th September we met together after 6 months, and listened to the amazing testimony of Rev. Wilfred Meyer and his wife Debbie as they shared their family's Covid-19 journey with us. It was also a time for them to come and thank our residents for carrying them as a family to God in prayer during their time of ill health. Although the entire family tested positive for the virus, it was Debbie who underwent the most horrendous medical experience. After spending almost 5 weeks in hospital, on a ventilator and two lung operations later, Debbie can very boldly testify of God's Faithfulness. We will continue to pray for Debbie's complete healing and we trust that God will bless them as Rev. Wilfred starts his new ministry in the Klein Drakensberg area of the Western Cape.



He Touched Me, and Made Me Whole

I have, over a period of time, had a course of injections in my right eye. One day while I was sitting in the 12 noon prayer time, the Lord gently touched me on my right shoulder. The next time I felt His touch was when I was in my flat. The night before I had to go to see my ophthalmologist for a check up, the Lord gave me a firmer touch on my right shoulder, reassuring me that the eye will be fine.



Before I started the course of injections I could not read the first line on the test chart. At my follow up appointment the next day, I found myself reading right down to the fourth line on the chart. I just want to praise the Lord and thank Him for touching me. I am not worthy but my God has been faithful, and it is for this reason that I need to share my personal experience with everyone. The same Jesus who healed the sick when He walked the earth, can still heal today. He is definitely the same, Yesterday, Today and Forever!

God can touch you too! He has a plan for you! God will make a way when there seems no other way, what he has done for me he can do for you!

(Submitted: Beryl Garwood)

*I got a touch from the Lord,
He is so real When I draw nigh to Him,
He will draw nigh to me,*

Soms oordeel ons te vinnignee, altyd oordeel ons te vinnig!

Die omie kom gebukkend, skuifelend die pad af, sy verkreukelde hoed styf in sy hand vasgeklem. Die plooi trek donker dongas oor sy gesig, en sy oë is dof en blou. Sy klere hang soos n meelsak om hom, sy skoene het al beter dae gesien. Sy hare wapper in drie slierte om sy voorkop, sonverbrand.

"Boetie! Boetie!" roep hy na my. Ek gee hom een kyk en kyk dan anderpad. Net nog n boemelaar, net nog 'n bedelaar.

"Boetie! Boetie!" roep hy weer. Ek draai my rug op hom en sluit die motordeur oop. "Boetie, boetie! Wag, ek wil met jou praat." Sy stem is skor. "Seker van al die drank," dink ek, klim in die motor en sluit die deur. Hy struikel van die sypaadjie af, kom krom, oud en verwaarloos na my aangestap. Ek skakel die motor aan, kry trurat en verlaat hom, eensaam en alleen. "Kry vir jou werk. Maak soos ek maak, dit bring geld, dan kan jy suip tot jy omval," gaan deur my gedagtes. Ek kry eerste rat, wikkel die petrolpedaal laat hom in 'n stofwolk agter.



Ek sien in die truspieël hy beduie, hande omhoog. "Ja, joune ook," sê ek hardop, "net soos jou soort is – as jy nie iets kry nie, is ek altyd die skuldige." By die huis vertel ek vir Vroulief van die voorbarige bedelaar, wat ek gesien het.

Vroulief is dadelik Moeder Hen: "Waar slaap die arme man vanaand? Dit lyk asof dit gaan reën." "Moenie oor hom worrie nie, sy sort het altyd 'n plan, hy wurm hom met n sak wyn iewers in n kombes toe en verdrink die dag van môre. Plaas dat hy karre oppas, dit sal daai drankgeldjies meer kosbaar maak."

"Swerwer, jy is 'n harde man. Wat daarvan as hy drink? Hy is ook net 'n mens, net soos jy," berispe Vroulief. "Wat, 'n man soos ek? As hy 'n man was, het hy 'n manier gesoek om 'n geldjie te verdien vir sy lustigheid. Nou wil hy my geld bedel, dit waarvoor ek gewerk het, met my sweet, my arbeid ... Se dinges, vrou! Kom ons vergeet nou die episode, ek is klaar spyt ek het jou vertel." Vroulief stap kop onderstebo kombuis toe, ek maak my gemaklik op die stoep, bier in die hand. "Kan ook nie jou mond hou nie," mompel ek. My hond kom lê onder die stoel en ek voer hom n stukkie biltong. Hy lek my hand dankbaar. Eensklaps staan vrou in die deur. "Swerwer, ek het vir die man 'n pakkie kos gepak, ons vat dit nou vir hom. Een van die kinders se komberse is ook oor die muur, ons vat dit ook." Ek ken die stemtoon, onverbiddelik. "Vrou is jy gek? Die man is seker lankal weg. Gaan skep op, ek is honger," prober ek walgooi. "Swerwerrrrrr ... as jy nie wil ry nie sal ek," druk sy dit uit. Ek weet teëpraat gaan nie help nie, my mooi van môre se dag hang hiervan af.

Ek staan op, vat die motorsleutels, en draai half vermakerig na haar: "Nou kom, as jy hom wil kos gee, doen dit self." Ons ry in stilte, met slegs die geruis van bande. Vroulief klou die pakkie op haar skoot vas. Voor die koöperasie stop ek op dieselfde plek. In die lig van die voertuig sien ek hom op die sypaadjie sit, sy kop op knieë, hande wat hang totop die grond; trane stroom oor sy wange.

"Sien jy, wat het ek jou gesê? Klaar dronk." Vrou ignoreer my, maak die deur oop en skud die omie aan sy skouers. Stadig lig hy sy kop; trane stroom oor sy wange. "Nog dronkverdriet ook," dink ek.



“Omie, ek het ietsie gebring om te eet,” praat Vroulief sag en vat sy hande in hare. Die omie se lyf begin ruk, hy huil nou openlik, trane stroom deur die plooi-dongas.

“Nooientjie, dis nie ek nie. Die tannie by die huis het in die bad geval. Sy kan nie opstaan nie. Ons foon werk al twee weke nie meer nie. Ek het asma, ek kon nie verder nie. Ek het n kêrel prober stop, maar hy het weggejaag ... sonder om te luister. Al wat ek kon doen, was om te bid. God het vir my n engel gestuur. Asseblief, gaan help die tannie ... asseblief, gaan help haar.” Ek roep my man en hardloop die huis binne tot in die badkamer! Met die sirens van die ambulance nog steeds in my ore ry ons stadig huis toe!

Ons was te laat gewees om haar te red!

Ek sit met n knop in my keel, trane stroom oor my wange, die hartseer is diep en skerp. My gemoed is stukkend, my siel in opstand. Waar en wanneer gaan ons besef: **“Ek is my broer se herder”**

(Submitted: Karin Klein-Werner)

DIE NUWE LEWE

Soos gedurig golfgeklots
Rust'loos slaan van rots tot rots,
Soek die mensekind vergeefs
Rus en vrede vir sy gees.



Wêreldsin en singenot
Lei hom verder weg van God,
Tot die roepstem hom bereik
En hom trek uit sondeslyk.



Vaderlief gee hom weer
Nuwe lewe, moed en eer,
En uit dankbaarheid tot God,
Wandel hy na Sy gebod.





Palliative Care and Covid-19 Pandemic at Victoria Hospital Wynberg

Definition of Palliative Care:

Palliative Care is an **approach to care**, which improves the **quality of life** of patients and their **families** facing problems associated with life threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other physical, psychosocial and spiritual problems.

*Its goal is **much more than comfort in dying**; palliative care is about **LIVING***

In the past 10 years Abundant Life Palliative Care has been an innovative model of the integration of Palliative Care into normal hospital care. Called the "Infusion Model" this service has grown from a concept, into a leading example of changing healthcare.

This is NOT an Non-Governmental Organization (NGO), because our vision and mission stated, "How can this care at the end of life, be handed over to the NGO sector? Clearly this is just the next phase of healthcare and thus **IT MUST BE GOVERNMENT RUN AND FUNDED**"

But to develop a completely new service in a healthcare sector that is constantly under-funded, under-resources stretched to beyond capacity, there needs to be initial extra funding. But enough about this, for more go to www.abundantlife.victoria.org and read our story.

Palliative Care is all about patient-centered care, about meeting the family, about lots of discussions and counseling and is extremely personal and highly emotional. Our aim is to start Palliative Care as early as possible to allow us time to have these consultations and to allow the family and patient to come to grips with the gravity of "Nearing the End of Life". One of our markers of "poor Palliative Care, is a referral within 5 days of death". Palliative care is often for patients with chronic conditions, like cancer, heart and lung failure, etc.

Covid-19 pandemic hit Victoria Hospital in April 2020. It was expected and we were lucky to have had an amazing team of staff from cleaner to CEO. We are now in the tail end of the pandemic, hoping to avoid a second wave. At the peak or entire hospital was dedicated to Covid-19 response. We are hoping to detail the story of our response in the near future.

This virus was infecting everyone and anyone, irrespective of your co-morbidities such as diabetes, hypertension or obesity, we saw all comers. Our deaths were devastating and the experience was unforgettable. Palliative Care at Victoria was

dealt a deep blow as well, due to our Co-ordinator, Sr. Pitout, being assessed as high risk for Covid-19. From the start she was not in any of the Covid wards, but upon assessment she was essentially "put out of the hospital". My personal response was "On No! There goes Abundant Life Palliative Care" then "I am so glad we will protect and ensure Sr. Pitout is not a casualty of the Pandemic, I am so happy we preserving her for the future"

Our Palliative Care input for Covid-19 was given at all levels of the Pandemic. As our expectation was 10 000's of Deaths we the Palliative Care Community of South Africa compiled Guidelines for Palliative Care in South Africa. This was a huge break-through in our fight for Palliative Care in Healthcare throughout South Africa. It was with excitement that Palliative Care was now included in Critical Care Documents. Remember that in Italy and New York, hospitals were overwhelmed by patients. ICU wards were filled to capacity and decisions were being made by front-line doctors as to who would get a Ventilator and who would not. This in itself is a Major Stressful Decision Making Process for any human being. This suddenly became a daily, and often in a day, doctors were making these decisions. Our experience at Victoria Hospital was no different. However, we had an ace up our sleeve. Victoria Hospital has Abundant Life Palliative Care (ALPC) and we were able to use years of experience to assist in our navigation of this Decision Making Process.

Without Sr. Pitout in the hospital, our doctors were unable to refer to ALPC. What then happened was that doctors were trained to have these Palliative Care Conversations with family, on telephones, whatsapp video calls, messaging. Palliative Care always says that we should avoid breaking bad news over the phone. This is so impersonal.

Covid-19 introduced new paradigm: Patient in hospital, in a ward with many other sick people, many witnessing death of others, many staring death in the face, no family allowed to visit, an extremely unusual situation compared to what Palliative Care has been trying to implement for decades. This led to all doctors and nurses having to suddenly develop their expertise in Palliative Care, with little time for training. I am so proud of all the staff at Victoria Hospital who in a few weeks had become the new Abundant Life Palliative Care Team. This pandemic achieved, what Sr. Pitout and I were trying for over a decade, a change in practice approach, in a matter of a few weeks. (photo below: Dr. Cupido, Sr. Pitout and Abundant Life Team)



In the same vain, our attempts to get Sr. Pitout to be the true co-ordinator of our service and not the ONLY PALLIATIVE CARE NURSE, was immediately implemented due to the fact that we were forced into this situation by Covid-19. Our Abundant Life Palliative Care experience of Covid-19 has elevated palliative Care to where it should be in healthcare.

If 100% of us are going to die, should we not train every human being to be able to deal with dying?

PlumRus residents are more likely to be thinking of this last part of the life cycle. Would you not want to have some guidance and help through this part of life. You would have received guidance about every other part of life, why not the last part?

(Submitted: Dr. Clint Cupido)

Dr. Clint Cupido is the Senior Consultant of Dept. of Medicine at Victoria Hospital. He is also the founder and head of the Abundant Life Palliative Care program at the hospital.

Thank You Abundant Life Palliative Care

My name is Dudley Valentine. I am a 52 year old male. I was diagnosed in 2013 with diabetes and hyper tension. In 2017 I was diagnosed with heart failure. I also suffer from obesity. I suffer from photasemia and sleep apnea. Due to years of ill health my heart has been damaged. I was introduced to Abundant Life Palliative Care as a support to myself and my family in managing my chronic condition.

We meet every second Saturday of the month as patients with a variety of chronic illnesses. We discuss and learn how to manage our condition and lifestyle while living an active as possible life. We are educated about the medication we have been prescribed, how to best use it as well as its pros and cons. Abundant Life is a place where patients not only seek advise but also medical equipment such as wheelchairs, commodes, etc. They also assist us with legal paperwork, such as completing insurance forms.

Depending on the stage of the illness they also assist with Home Base Care. The support they give people is very good especially when you in hospital lying on your dying bed. The carers are trained and equipped to encourage us and they share the Word of God with us. It is sad when someone suffers at home. I am currently at home, as the doctors have told me that there is nothing more that they can do for me. It is sad when the doctor tells you that you should stay away from the hospital, because you at a high risk of contracting other diseases in hospital. I have to just make myself comfortable at home.

Kudos to Dr. Cupido, Sr. Pitout, Jessica, Elizabeth, Rose and Charmaine and the other staff and volunteers who assist us with so much love and care. I never thought my life would take this journey but I trust in my Lord, and I still hope for a miracle, as nothing is impossible with God. I continue to put my faith in Jesus and be strong.



Abundant Life Palliative Care has played a very important role in my life and I wish to thank them.

Dudley is married to Cheryl, one of our carers working in the Community Service Centre Team. We pray that God will grant them His peace during this season of their lives journey, and that they will experience His Faithfulness, daily.



Oktobermaand - C Louis Leipoldt

Viooltjies in die voorhuis –
Viooltjies blou en rooi!
Viooltjies orals op die veld,
En orals, ai, so mooi!

Dit is die maand Oktober,
die mooiste, mooiste maand!
Dan is die dag so helder,
so groen is elke aand,
So blou en sonder wolke
die hemel heerlijk bo,
So blomtuin-vol van kleure
Die asvaal ou Karoo.

Ek is nog in Oktober!
My tuin is nog so groen,
So wit met al wat mooi is,
met bloeisels van lemoen,
So pragtig in die môre,
so heerlijk in die aand!
Ek is nog in Oktober,
die mooiste, mooiste maand!

Wat gee ek om die winter?
Wat praat jy nou van Mei?
Wat skeel dit as ons later
weer donker dae kry?
Ek is nou in Oktober,
die mooiste, mooiste maand,
Met elke dag so helder,
so pragtig elke aand!



PlumRus Team

Our staff were happy to model their new uniform after our AGM on the 11th September. They look ready for action. Thank you to the team who worked tirelessly behind the scenes to make this happen.



October / Oktober 2020

Maand Program / Monthly Program

Monday	Tuesday	Wednesday
Midday Prayer in All Decentralized lounges, DAILY @ 12H00 Shopping EVERY Tuesday & Thursday Fruit & Veg Lorry Wednesdays @ 11H30 Heartland Series in all Decentralized Lounges Wednesdays @ 11H00 Heartland Series in all Decentralized Lounges Saturdays @ 15H00 05 October 2020 Friends Meeting in the Hall @ 15H00 07 October 2020 Musical Entertainment by Miss D in the Hall @ 15H00 19 October 2020 Garden Club Meeting in the Hall @ 16H00 21 October 2020 YouTube Social Evening in the Hall @ 18H00 30 October 2020 Bring & Braai @ 18H00		
5	6	7
09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 15:00 Friends Meeting	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 15:00 In the Hall Miss D Musical Entertainment
12	13	14
09:00 Manne Bid Groep - Staff 10:00 Tea Time: lounges 10:00 Catholic Church In John Killian 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea time: Lounges	09:30 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet
19	20	21
09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges 16:00 Garden Club Meeting 10:30 Methodist Church in Bobbie Liebenberg	09:30 Shopping Meadowridge 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 11:00 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet 18:00 YouTube Social Evening in the Hall
26	27	28
09:00 Manne Bid Groep -Staff 10:00 Tea Time: lounges 10:00 Catholic Church in John Killian 11:00 Activities in lounges 14:30 Music / DVD in lounges 15:00 Tea Time: lounges	09:30 Shopping Constantia Village 09:30 Action Entertainment in the Hall 10:00 Tea Time: lounges 10:30 Action Entertainment in Sugarbush 14:30 Bible Study in N102 15:00 Tea Time: lounges	08:30 Library 09:45 NG Kerk diens 10:00 Tea Time: lounges 11:00 Activities in lounges Heartland Series 11:30 Fruit & Veg Lorry 15:00 Tea Time: lounges 15:00 Croquet

Thursday	Friday	Saturday	Sunday
1	2	3	4
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Afrikaanse Bybelstudie in John Killian 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied
8	9	10	11
08:30 Library 09:30 Shopping Blue Route 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied
15	16	17	18
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie in John Killian	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied
22	23	24	25
08:30 Library 09:30 Shopping Constantia Village 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Prayer Meeting in John Killian	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series	09:30 Church 10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music / DVD in lounges 18:00 Woord & Lied
29	30	31	
08:30 Library 09:30 Shopping Meadowridge 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 15:00 Bingo in the Hall 15:00 Afrikaanse Bybelstudie in John Killian 18:30 Lotta Draw in Hall	09:30 One Hour for Jesus 10:00 Tea Time: lounges 11:00 Activities in lounges 15:00 Tea Time: lounges 18:00 Bring & Braai	10:00 Tea Time: lounges 11:00 Activities in lounges 14:30 Music/DVD in lounges 15:00 Tea Time: lounges 15:00 Activities in lounges Heartland Series	

New Team Members

I'm Caylynn Jacobs, born and still living in a small community known as Parkwood. Ever since I was a little girl it was my dream to become a magistrate, I had an awful experience when I was a child and that made me become fascinated with the Department of Justice.



After I matriculated, I got a job at a clinic as an Admin Clerk and I really enjoyed what I was doing. I learnt so much and that's where my love for helping others started; everyday came with challenges but when you passionate about what you doing then the bad days don't matter. I realized that working in Health was the career path that I had to follow but sadly my contract ended.

I believe that starting at PlumRus was a God-given opportunity and it's such an honour to be working here. No one knows what the future holds but if there's one thing I know for sure is that working here will allow me to move forward in life. I'll do my

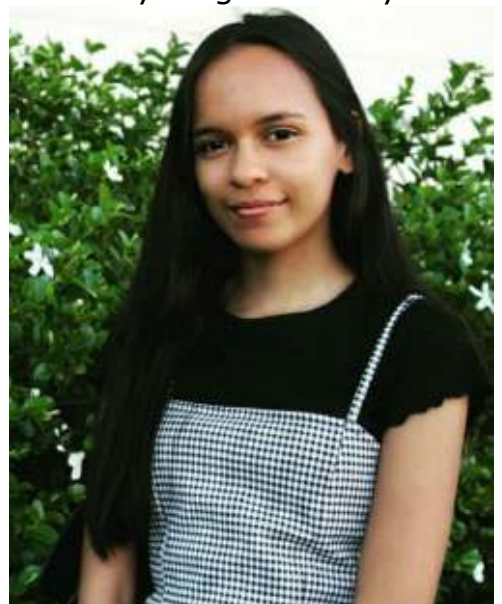
job to the best of my ability, and my main aim is to build a strong and trustworthy relationship with the residents.

Caylynn is our new Resident Liaison Administrator and reports directly to Belinda.

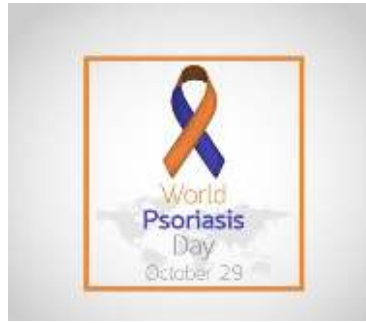
Hello! I am Nina Pearce. I am 20 years old and I am the youngest of my four siblings. I previously worked as an intern receptionist in the Department of Health at a children's hospital, which I enjoyed very much, sadly the contract expired.

It is with great enthusiasm that I am working here at PlumRus now. I like to think of myself as a very positive person. I have a great love for animals, especially cats ... I have three! In my spare time I enjoy watching movies and taking photographs, which I am very passionate about.

I've been enjoying my time here at PlumRus so far, and the exciting challenges that comes with it. And I am eager to find out what comes next!



Nina has been appointed as our new Risk Man Administrator and reports to Mervyn.



Psoriasis is an immune-mediated condition that causes the body to make new skin cells in days rather than weeks. There are several types of psoriasis, the most common of which is plaque psoriasis. It causes patches of thick red skin and silvery scales that are typically found on the elbows, knees, and scalp.

Psoriasis is caused, at least in part, by the immune system mistakenly attacking healthy skin cells. If you're sick or battling an infection, your immune system will go into overdrive to fight the infection, this might start a psoriasis flare-up. Strep throat is a common trigger. Other triggers include;

- cold temperatures
- drinking too much alcohol
- smoking
- having another autoimmune disorder, such as HIV or rheumatoid arthritis
- infections that cause a weakened immune system, such as strep throat
- a skin injury, such as a cut, bug bite, or sunburn
- excessive stress and tension
- certain medications, including lithium, beta-blockers, and anti-malarial drugs
- The condition runs in families. Having one parent with psoriasis increases your risk of getting the disease, and having two parents with psoriasis increases your risk even more.



There's no **cure** for **psoriasis** yet, but there are many ways to get relief from the symptoms of this troublesome disease. **Psoriasis** is one of the most common skin ailments.

COMMON PSORIASIS TREATMENTS

CREAMS & LOTIONS

The first line of psoriasis defense: applying an over-the-counter or prescription cream, ointment, or lotion directly to the affected area.

ORAL MEDICATIONS

Some prescribed oral meds can help to reduce inflammation and curb skin-cell production, both of which can help keep red patches in check.

LIGHT TREATMENTS

For more active and severe psoriasis, ultraviolet rays can help heal; the therapy can be done in a doctor's office or at home with a device.

BIOLOGICS

The most advanced in the treatment class, these drugs are injected or infused through an IV. They selectively target the part of your system linked to psoriasis.

Living with Psoriasis

Thinking back some 50 years ago, I remember as a child, taking train rides with my daddy and sisters from Wittebome to Observatory station. The train ride and the luxury spoils (my dad literally stopped at every café to buy us sweets and other treats) was the pleasant memory of that time. We did the big walk from the station up the hill (with the wind seemingly always blowing) to the Dermatology Ward of Groote Schuur Hospital to visit my mommy who would be an in-patient for what seemed to be endless weeks at a time. She suffered with Psoriasis.

Psoriasis became a family battle as we watched my mommy battle the "outbreaks" from time to time. She also suffered from a known twin of psoriasis, rheumatoid arthritis. Trying to find home remedies (making special herbal teas and running special baths) that could simply ease the great itch she seemed to always be having, as well as ease the pain of the arthritis was something we were all involved with. As children I don't think we ever truly understood any of what she was really experiencing, fighting what seemed to be a losing battle, against what still is an incurable illness.

Fast forward 50 years, and in 2014, I found myself in the same corridors, surrounded by familiar smells (that tar ointment has a distinct smell), and I guess even some familiar faces of nurses and doctors as I too became a patient in the Dermatology Department at Groote Schuur Hospital. The experts say that my psoriasis is hereditary, and its manifestation was caused by a change in my hypertension medication towards the end of 2013. I have had two lengthy



admissions to hospital for treatment since my diagnosis. My treatment includes phototherapy (UV lights), topical (ointments) as well as oral medication. Many of the prescribed treatments come with their own side effects, which I unfortunately have had to deal with. This makes it all so challenging and frustrating often making me want to give up all treatment. I then need to pull myself towards myself and, rather push through with what I need to do.

For me the biggest challenge is psychological. The scaling can be extremely embarrassing....my sister says it's like the Hansel & Gretel story....you can follow my trail by the scales. There is always a need for the big cover up.....long sleeve tops and pants. My selection of clothing, especially colours, has to be carefully considered. Dark coloured tops will always show up the scaling/flakes from the scalp....comments such as "oh you have dandruff", are quite irritating and frankly annoying. On the other hand I am not sure when last I wore anything white, because all my topical treatments (ointments) are fatty based, the whites never stay white for more than two or three washes. Sleeping on and between crisp white linen would be an absolute treat! Choosing a seat at church or at a public gathering

has its challenges, I always look for a "safe" seat with nobody sitting behind me so that they cannot see my head scabs and my "dandruff".

What I would do to have some memorable train rides with my daddy, my mommy and my sisters again, BUT I will ask the train driver to go express at Observatory station, hoping that this will allow me an escape from the long steep hill of suffering from Psoriasis.

Irritable Bowel Syndrome

If, you experience cramps, bloating, gas, diarrhea and/or constipation, with no underlying causes, you may have Irritable Bowel Syndrome {IBS}.

Common Gastrointestinal Syndrome tends to be a chronic condition, but sometimes symptoms are worse and sometimes they don't appear at all.

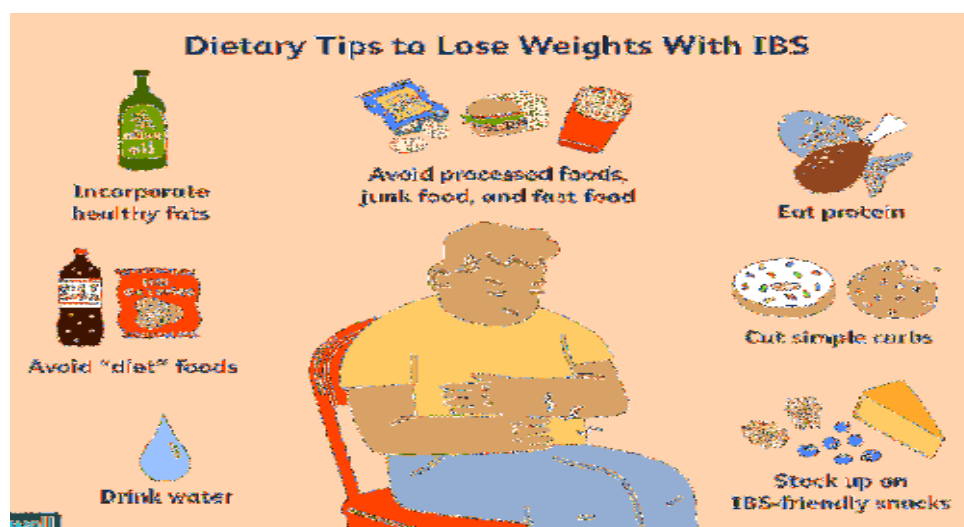
The prevalence of IBS is between 5.5 to 9% of the South African population.

It mainly occurs between the ages of 15 to 75, with a greater prevalence in women.

Most sufferers are actually not medically diagnosed, unless it reaches chronic proportions.

Different treatment options are available.

A Gastroenterologist will discuss pain relieve symptoms to handle the symptoms. Diet and lifestyle modification, anti spasmodic for pain, laxatives and fibre agents for bloating and flatulence is known to treat pain and symptoms. (Submitted: Sr. Mapling)



PLEASE LOOK AFTER YOUR BOWEL HEALTH.

National Wills Week

National Wills Week will take place from 26-30 October 2020. During the course of this week you can have your current will revised or a will drafted for the very first time, free of charge.

Who should have a will?

Everyone who owns assets or has children

Why must you have a will?

By making a will you ensure that your assets are disposed of in accordance with your wishes after your death. This privilege is called "freedom of testation".



Why should an attorney draft your will?

Attorneys are professionals qualified in law. An attorney can advise you on any problem which may arise with regard to your will. An attorney has the necessary knowledge and expertise to ensure that your will is valid and complies with your wishes. Often a will is not valid because the person who drafts it does not have the necessary legal knowledge to ensure that the requirements of the law are met.

What happens to your estate if you die without a valid will?

If you die without leaving a valid will, your assets will be distributed according to the provisions of the Intestate Succession Act. The provisions of this Act are generally fair and ensure that your possessions are transferred to your spouse and children.

BUT, the following problems may arise if you die without leaving a will:

- Your assets may not be left to the person of your choice.
- It can take a long time to have an executor appointed. The executor who is appointed may be somebody you may not have chosen yourself.
- There can be extra and unnecessary costs.
- There can be unhappiness and conflict among members of your family because there are no clear instructions on how to distribute your assets.

Attorneys West & Rossouw will be making their services available to the residents and staff of PlumRus during National Wills Week, free of charge, to help you take care of this very important issue. Remember you cannot speak from your grave.....Your Will Can....do the right thing for your family!

Speak to Belinda to secure an appointment.

Review by Vivien Spires

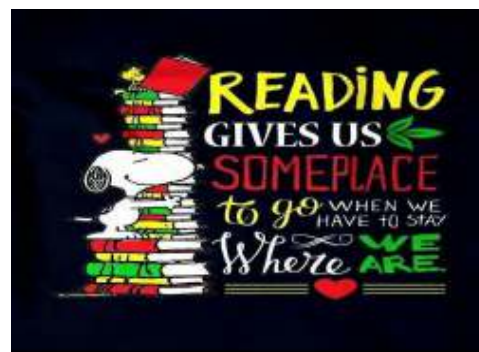
The Blue Bottle Club: by Penelope Stokes

I enjoyed this book about four girls who were school friends in the thirties and how their paths diverged and what happened to each of them as more than fifty years passed.

You really care about the characters and how each of them developed spiritually and found how in everything, God is always watching and involved.

Very different characters, very different lifestyles and how a chance reporter took up their story and brought them all together many, many years later.

Good story, believable flawed characters, surprising ending!



Our residents have an amazing selection of books to choose from our Library based in the Aristata Lounge. Lockdown has seen many more people reading, making the library a beehive of activity.



Residents enjoy their fruit & veg shopping from Allie every Wednesday. Fresh supplies at great prices!



PlumRus in Bloom

There have been a few things happening in the garden this last month. The poppies are beginning to make a nice show all over. The 2 trees in the North garden have been severely trimmed; this has allowed beautiful views of the mountains for the Flats and also a lot of sunshine. It looks a bit drastic at the moment but the trees will shoot out and form a canopy over the beds beneath as well as help when the electric fence is installed. It has also persuaded the guinea



fowl to look for other accommodation for the night. The other change is that the big palm tree at the entrance has been removed. This makes the yellowwood which was planted some time ago, come into view. It is doing well and will soon become a feature at the entrance of the coffee shop parking area. The whole bed where the palm tree was has been cleaned up and will soon be replanted. So keep your eyes open. We are also hoping in the not too distant future to start our own monthly talks. Hopefully we can get some really interesting speakers to entertain you.



The Bridge Club are looking for new members to join us on Monday afternoon from 2 to 4pm, 1st Floor PlumRus North. If you have never played, or have not played for some time, we will happily give you lessons. Join us for lessons on a Friday afternoon from 3 to 4pm, 1st Floor PlumRus North. For more information and to book your first lesson give Gaynor Dickson a call on X2196.



The Way We Were – Competition Time!

Stand a chance to win a breakfast voucher for two at the Protea Coffee Shop, when you correctly match the photo to the name. The first correct entry drawn will be our winner. Simply complete the entry form below and drop it into the competition box to be found in the Residents Liaison Office (first office in admin passage) by Friday 16th October. Winner will be announced in November PlumRus News.



(A)



(B)



(C)

(D)



(E)



(F)



BEAUTY IS WHAT PEOPLE SEE INSIDE OF YOU NOT ON YOU



(G)



(H)



(I)



(J)

Residents names to choose from;

Anna de Villiers, Joan Subhani, Gloria Snyman, Val Matthews, Marie Knuppel, Naomi Warner, Beverley van der Merwe, Leonie Pauw, Dianne Slabbert, David Witter, Malcolm Mc Knight, Alan Downey, Thys van der Linde, Jurgen Bosse, Johan De La Fontyn

COMPETITION TIME

Your Name..... Flat/Room..... Ext.....

A.....

B.....

C.....

D.....

E.....

F.....

G.....

H.....

I.....

J.....

GOOD LUCK!



Die blomseisoen het in al sy kleur en geur afgeskop, maar met só 'n groot area – veel groter as nét Namakwaland – waar jy sou kon blommekyk, waar moet jy begin? En met bekende blomfeeste, soos die Darling- en die Clanwilliam Blommeskou wat hierdie jaar weens Covid-19 afgestel is*, is al die gesiggies nie soos gewoonlik op een plek vir jou uitgestal nie en is 'n mens onseker oor waar jy die blommeprag die beste sal kan sien.

Wel, as jy in die Wes-Kaap of Noord-Kaap is, is 2020 'n uitstekende jaar om die gesin in die motor te laai en te gaan blommekyk. Met al ons toe grense gaan daar baie minder toeriste wees wat die blomme toestaan en die meeste streke het ook vanjaar beter reën as die vorige paar jaar gekry!

Oor die algemeen begin die blomseisoen laat Julie of vroeg Augustus en duur gewoonlik tot middel September, so rondom die tiende. Dit is baie belangrik om te weet dat die blomme vroeër verskyn hoe meer noord jy jou bevind, en eers 'n bietjie later in die suide. Daar sal dus waarskynlik teen September nie meer so baie blomme in Namakwaland wees nie, maar wel teen die Weskus en in die Tankwa-Karoo



Entertainment at PlumRus

Our residents have really enjoyed great entertainment over the last month. They were entertained by both local and international artist.

Our resident Mr. Dick Parker's family, who usually visit from the States, used modern technology and recorded a music video which we could play to the residents in all the decentralized lounges. Grant (Mr. Parker's son), his wife and two sons put together an amazing classical program which our residents enjoyed while drinking tea and eating scones. Thank you Grant for always thinking of ways to brighten our lives with your music.

(Photo taken in 2019 when the family visited us at PlumRus)



Well you better believe it.....**ELVIS** made not one but three appearances at PlumRus during September. He entertained the residents on different days in Pincushion, Sugarbush and Bobbie Lienbenberg. Residents enjoyed the trip down memory lane. There was clapping, tapping of feet and even the odd rocking and rolling!



Exercise Time

Exercise 1: Single Limb Stance

It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet. The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.

Exercise 2: Walking Heel to Toe

You might read this and wonder, "How is walking an exercise to improve balance?" This exercise makes your legs stronger, which enables you to walk without falling.

Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.

Exercise 3: Rock the Boat

Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.

Exercise 4: Clock Reach

You'll need a chair for this exercise.

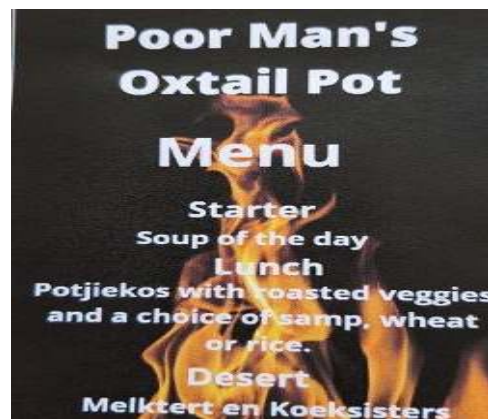
Imagine that you are standing in the centre of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand.



Lift your right leg and extend your right arm so it's pointing to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time.

Repeat this exercise twice per side.

With summer around the corner let's get rid all the lockdown kilos. If you need any advice or instruction just give Rhodene a call on X1020 and she will be more than willing to demonstrate.



Heritage Day was celebrated in fine style at PlumRus, with tasty food, good music and great company.

